

CURRICULUM VITA

Nola J. Pender, PhD, RN, FAAN
Professor Emerita
School of Nursing
University of Michigan
Distinguished Professor
Loyola University of Chicago

Residence: The Lakelands
22838 Harbour Lane
Plainfield, IL 60544
Phone: (815) 436-9946
FAX: (815) 609-0560
E-mail: npender@umich.edu

Educational Background

<u>Institution</u>	<u>Major</u>	<u>Dates</u>	<u>Degree</u>
West Suburban Hospital School of Nursing Oak Park, Illinois		1959-1962	R.N.
Michigan State University East Lansing, Michigan	Nursing	1962-1964	B.S.
Michigan State University East Lansing, Michigan	Human Growth and Development	1964-1965	M.A.
Northwestern University Evanston, Illinois	Psychology and Education (double major)	1967-1969	Ph.D.
Rush University Chicago, Illinois	Community Health Nursing	1980-1983	20 graduate hours

Professional Experience

<u>Institution</u>	<u>Dates</u>	<u>Title</u>
Ingham Medical Hospital Lansing, Michigan	1962-1964	Head Nurse Medical-Surgical Nursing
Mercy School of Nursing Lansing, Michigan	1964-1965	Instructor

University of North Dakota College of Nursing Grand Forks, North Dakota	1965-1967	Instructor
Northern Illinois University School of Nursing DeKalb, Illinois	1969-1970	Assistant Professor
Northern Illinois University School of Nursing DeKalb, Illinois	1970-1976	Associate Professor
Northern Illinois University School of Nursing DeKalb, Illinois	1976-1990	Professor
Rush University College of Nursing Chicago, Illinois	1979-1990	Adjunct Professor
Northern Illinois University Social Science Research Institute DeKalb, Illinois	1984-1990	Director, Health Promotion Research Program
DeKalb County Health Department DeKalb, Illinois	1979-1986	Coordinator, Relaxation and Biofeedback Program
University of Michigan School of Nursing Ann Arbor, Michigan	1990-1994	Professor and Director, Center for Nursing Research
University of Michigan School of Nursing Ann Arbor, Michigan	1994-1998	Professor and Associate Dean for Academic Affairs and Research
University of Michigan School of Nursing Ann Arbor, Michigan	1998-2001	Professor and Associate Dean for Research
University of Michigan School of Nursing Ann Arbor, Michigan	2001-present	Professor Emerita
Loyola University Chicago School of Nursing Chicago, Illinois	2004-present	Distinguished Professor

Publications

Articles

- Pender, N.J. Debate: A student-centered approach to teaching (1967). Nursing Outlook, 15, 42-44.
- Pender, N.J. (1967). A developmental study of conceptual, semantic differential and acoustical dimensions as encoding categories in short-term memory. The Researcher, 4, 14-20.
- Pender, N.J. (1971). Students who choose nursing: Are they success oriented? Nursing Forum, 10, 64-71.
- Pender, N.J. (1974). Patient identification of health information received during hospitalization. Nursing Research, 23, 262-267.
- Pender, N.J. (1975). A conceptual model for preventive health behavior. Nursing Outlook, 23, 385-390.
- Pender, N.J., & Pender, A.R. (1980). Illness prevention and health promotion services provided by nurse practitioners: Predicting potential consumers. American Journal of Public Health, 70, 798-803.
- Brimmer, P.F., Skoner, M., Pender, N.J., Williams, C.A., Fleming, J.W., & Werley, H.H. (1983). Nurses with doctoral degrees: Education and employment characteristics. Research in Nursing and Health, 6, 157-165.
- Pender, N.J. (1983). Nutrition: A powerful force for health. Wellness Institute Report, 4, 1.
- Pender, N.J. (1984). Physiologic responses of clients with essential hypertension to progressive muscle relaxation training. Research in Nursing and Health, 7, 197-203.
- Pender, N.J. (1985). Effects of progressive muscle relaxation training on state-trait anxiety and health locus of control among hypertensive adults. Research in Nursing and Health, 8, 67-72.
- Pender, N.J., & Pender, A. R. (1986). Attitudes, subjective norms, and intentions to engage in health behaviors. Nursing Research, 35 (1), 15-18.
- Walker, S.N., Sechrist, K.R., & Pender, N.J. (1987). The health-promoting lifestyle profile: Development and psychometric characteristics. Nursing Research, 36(2), 76-80.
- Pender, N.J., Sechrist, K.R., Stromborg, M., & Walker, S.N. (1987). Collaboration in developing a research program grant. Image, 19(2), 75-77.
- Pender, N.J. (1987). Interview: James Michael McGinnis, M.D., M.P.P. Family and Community Health, 10(2), 59-65.
- Pender, N.J., Smith, L.C., & Vernof, J.A. (1987). The effects of a corporate fitness program on absenteeism, productivity, anxiety, and job-related strain. AAOHN Journal, 35(9), 386-390.
- Sechrist, K.R., Walker, S.N., & Pender, N.J. (1987). Development and psychometric evaluation of the Exercise Benefits/Barriers Scale. Research in Nursing and Health, 10, 357-365.
- Pender, N.J. (1988). The influence of health policy on an evolving research agenda in health promotion. American Journal of Health Promotion, 2(3), 51-54.

- Pender, N.J. (1988). Building a consensus on research questions - Identifying research ideas and priorities. American Journal of Health Promotion, 2(4), 47-51.
- Walker, S.N., Volkan, K., Sechrist, K.R., & Pender, N.J. (1988). Health-promoting lifestyles of older adults: Comparison with young and middle-aged adults, correlates and patterns. Advances in Nursing Science, 11(1), 76-90.
- Pender, N.J., Walker, S.N., Sechrist, K.R., & Stromborg, M.F. (1988). Development and testing of the Health Promotion Model. Cardiovascular Nursing, 24(6), 41-43.
- Pender, N.J. (1990). A revised research agenda model for health promotion. American Journal of Health Promotion, 4(3), 220-222.
- Pender, N.J. (1990) Expressing health in lifestyle patterns. Nursing Science Quarterly, 3 (3), 115-122.
- Walker, S.N., Kerr, M.J., Pender, N. J. & Sechrist, K.R. (1990) A Spanish version of the health-promoting lifestyle profile. Nursing Research, 39, 268-273.
- Pender, N.J., Walker, S.N., Stromborg, M.F., & Sechrist, K.R. (1990). Predicting health-promoting lifestyles in the workplace. Nursing Research. 39 (6), 326-332.
- Stromborg, M. F., Pender, N. J., Walker, S. N., & Sechrist, K. R. (1990). Determinants of health-promoting lifestyle in ambulatory cancer patients. Social Science and Medicine. 31 (10), 1159-1168.
- Pender, N.J., Barkauskas, V.H., Hayman, L., Rice, V.H., & Anderson, E.T. (1992). Health promotion and disease prevention: Toward excellence in nursing practice and education, Nursing Outlook. 40 (3), 106-120.
- Garcia, A.W., Broda, M.A., Frenn, M., Coviak, C., Pender, N.J., Ronis, D.L. (1995). Gender and developmental differences in exercise beliefs among youth and prediction of their exercise behavior. Journal of School Health, 65(6), 213-219.
- Garcia, A.W., Broda, M.A., Frenn, M., Coviak, C., Pender, N.J., Ronis, D.L. (1997). Gender and developmental differences in exercise beliefs among youth and prediction of their exercise behavior (Japanese translation). The Japanese Journal of Nursing Research. 30(3), 51-61.
- Garcia, A.W., George, T.R., Coviak, C., Antonakos, C. & Pender, N.J. (1997). Development of the Child /Adolescent Activity Log: A Comprehensive and Feasible Measure of Leisure-Time Physical Activity. International Journal of Behavioral Medicine, 4(4), 323-338.
- Pender, N.J. (1997). Health promotion: An emerging science for self care and professional care. Quality Nursing. 3(5), 449-454.
- Porter, C.P., Pender, N.J., Hayman, L.L., Armstrong, M.L., Riesch, S.K., & Lewis, M.A. (1997). Educating APNs for implementing the guidelines for adolescents in bright futures: Guidelines of health supervision of infants, children, and adolescents. Nursing Outlook. 45(6), 252-257.
- Garcia, A.W., Pender, N.J., Antonakos, C.L., & Ronis, D.L. (1998). Changes in physical activity beliefs and behaviors of boys and girls across the transition to junior high school. Journal of Adolescent Health. 22(5), 394-402.
- Shin, Y.H., Jang, H.J., & Pender, N.J. (2001). Psychometric evaluation of the exercise self-efficacy scale among Korean adults with chronic diseases. Research in Nursing and Health. 24, 68-76.

- Robbins, L.B., Pender, N.J., Conn, V.S., Frenn, M.D., Neuberger, G.B., Nies, M.A., Topp, R.V., & Wilbur, J.E. (2001). Physical activity research in nursing. Journal of Nursing Scholarship, 315-321.
- Wu, T.Y., & Pender, N.J. (2001). Determinants of physical activity among Taiwanese adolescents. An application of the Health Promotion Model. Research in Nursing and Health, 25, 25-36.
- Pender, N.J., Bar-Or, O., Wilk, B. & Mitchell, S. (2002). Self-efficacy and perceived exertion of girls during exercise. Nursing Research 51(2), 86-91.
- Whitlock, E.P., Orleans, C.T., Pender, N. J., Allan, J. (2002). Evaluating primary care behavioral counseling interventions: An evidence-based approach. American Journal of Preventive Medicine 22(4), 267-284.
- Eden, K.B., Orleans, C.T., Mulrow, C.D., Pender, N.J., Teutsch, S.M. (2002). Does counseling by clinicians improve physical activity? A summary of the evidence for the U.S. Preventive Services Task Force. Annals of Internal Medicine 137 (3), 208-215.
- Wu, T. Y., Ronis, D., Pender, N., & Jwo, J. L. (2002). Development of questionnaires to measure physical activity cognitions among Taiwanese adolescents. Preventive Medicine, 35, 54-64.
- Wu, T.Y., Pender, N.J., & Yang, K.P. (2002). Promoting physical activity among Taiwanese and American adolescents. Journal of Nursing Research, 10(1), 57-64.
- Pignone, M.P., Ammerman, A., Fernandez, L., Orleans, C.T., Pender, N.J., Woolf, S.H., Lohr, K.N., Sutton, S. (2003). Counseling to promote a healthy diet in adults: A summary of the evidence for the U.S. Preventive Services Task Force. American Journal of Preventive Medicine, 24(1), 75-92.
- Robbins, L.B., Pender, N.J., Kazanis, A.S. (2003). Barriers to physical activity perceived by adolescent girls. Journal of Midwifery and Women's Health, 48(3), 206-212.
- Shin, Y.H., Pender, N.J., Yun, S.K. (2003). Using methodological triangulation for cultural verification of Commitment to a Plan for Exercise Scale among Korean adults with chronic disease. Research in Nursing and Health, 26, 312-321.
- Wu, T.Y., Pender, N. J., Noureddine, S. (2003). Gender differences in the psychosocial and cognitive correlates of physical activity among Taiwanese adolescents: A structural equation modeling approach. International Journal of Behavioral Medicine, 10(2), 93-105.
- Robbins, L.B., Pis, M.B., Pender, N. J., Kazanis, A.S. (2004). Exercise self-efficacy, enjoyment, and feeling states among adolescents. Western Journal of Nursing Research, 26(7), 699-715.
- Robbins, L.B., Pis, M.B., Pender, N. J., & Kazanis, A.S. (2004). Physical activity self-definition among adolescents. Research and Theory for Nursing Practice: An International Journal, 18(4), 317-330.
- Robbins, L.B., Pender, N.J., Ronis, D.L., Kazanis, A.S., & Pis, M.B. (2004). Physical activity self-efficacy and perceived exertion among adolescents. Research in Nursing and Health, 27(6), 435-446.
- Shin, Y.H., Yun, S. K., Pender, N.J., & Jang, H.J. (2005). Test of the health promotion model as a causal model of commitment to a plan for exercise among Korean adults with chronic disease. Research in Nursing and Health, 28(2), 117-125.

- Shin, Y.H., Hur, H.K., Pender, N.J., Jang, H.J., Kim, M.S. (2005). Exercise self-efficacy, exercise benefits and barriers, and commitment to a plan for exercise among Korean women with osteoporosis and osteoarthritis. International Journal of Nursing Studies, 43(1), 3-10.
- Hendricks, C., Murdaugh, C., & Pender, N. (2006). The adolescent lifestyle profile: Development and psychometric characteristics. Journal of National Black Nurses Association, 17(2), 1-5.
- Robbins, L. B., Gretebeck, K.A., Kazanis, A.S., Pender, N. J. (2006). Girls on the Move program to increase physical activity participation. Nursing Research, 55(3), 206-216.

Books

- Pender, N.J. (1982). Health Promotion in Nursing Practice, 1st edition. New York: Appleton-Century-Crofts.
- Pender, N.J. (1987). Health Promotion in Nursing Practice, 2nd edition. Norwalk, CT: Appleton-Lange.
- Pender, N.J. (1996). Health Promotion in Nursing Practice, 3rd edition. Stamford, CT: Appleton-Lange.
- Pender, N.J. (1997). Health Promotion in Nursing Practice, 3rd edition. Appleton-Lange. Japanese Translation.
- Pender, N.J. (1997). Health Promotion in Nursing Practice, 3rd edition. Appleton-Lange. Korean Translation.
- Pender, N.J., Murdaugh, C., & Parsons, M.A. (2002). Health Promotion in Nursing Practice, 4th edition. Upper Saddle River, NJ: Prentice-Hall Health, Inc.
- Pender, N.J., Murdaugh, C., & Parsons, M.A. (2006). Health Promotion in Nursing Practice, 5th edition. Upper Saddle River, NJ: Pearson/Prentice Hall.
- Murdaugh, C., Parsons, M.A., & Pender, N.J. Health Promotion in Nursing Practice, 6th edition. Upper Saddle River, NJ: Pearson/Prentice Hall. In Preparation.

Chapters in Books

- Pender, N.J. (1984). Health promotion and illness prevention. In H. Werley and J. Fitzpatrick (Eds.), Annual Review of Nursing Research, Volume 12 (pp.83-105). New York: Springer.
- Pender, N.J. (1985). Self modification. In G. Bulechek and J. McCloskey (Eds.), Interventions: Treatments for Nursing Diagnoses (pp. 80-91). Philadelphia: W. B. Saunders.
- Pender, N.J. (1986). Health promotion: Implementing strategies. In B. Logan and C. Dawkins (Eds.), Family-Centered Nursing in the Community (pp. 295-334). Menlo Park, CA: Addison-Wesley.
- Pender, N.J. (1987). Health and health promotion: The conceptual dilemmas. In Conceptual Issues in Health Promotion (pp. 1-20). Indianapolis, IN: Sigma Theta Tau, Inc.
- Pender, N.J. (1989). Languaging a health perspective for NANDA taxonomy on research and theory. In R. M. Carroll-Johnson (Ed.), Classification of Nursing Diagnoses (pp. 31-36). Philadelphia: J. B. Lippincott.
- Pender, N.J. (1989). The pursuit of happiness: Stress and health. In S. Wold (Ed.), Community Health Nursing: Issues and Topics (pp. 145-175). Englewood Cliffs, NJ: Prentice-Hall.

- Pender, N.J., Sallis, J., Long, B.J., et.al. (1994). Health care provider counseling to promote physical activity. In R. K. Dishman (Ed.). Advances in Exercise Adherence (pp. 213-235). Champaign, IL: Human Kinetics.
- Pender, N.J. (1998). Motivation for physical activity among children and adolescents. In J.Fitzpatrick & J. S. Stevenson (Eds). Annual Review of Nursing Research, Volume 16 (pp. 139-172). New York: Springer.
- Pender, N.J., & Stein, K.F. (2002). Social support, the self system, and adolescent health and health behaviors. In L.L. Hayman, M.M.Mahon, & J.R.Turner (Eds). Health and Behavior in Childhood and Adolescence (pp. 37-66). New York: Springer.
- Pender, N. J. (2004). Health Promotion Interventions for Culturally Diverse Populations: Can We Meet the Challenge? In W. Kunaviktikul (Ed). Improving Life Through Health Promotion: Nurses Making a Difference (pp. 11-26). Chiang Mai, Thailand: Chotana Press.
- Pender, N. J. A Global Agenda for Health Promotion. In W. Kunaviktikul (Ed). Toward Success in Health Promotion (pp. 11-23). Chiang Mai, Thailand: Chotana Press.

Monographs

- Pender, N.J. (1980). Health promotion: Challenge of the 1980s. Emens Distinguished Professor Lecture Monograph, Muncie, Indiana: Ball State University Press.
- Pender, N.J. (1981). Health promotion: Present challenges and future conquests. University of Alabama Sesquicentennial: A collection of major speeches, Birmingham, Alabama: University of Alabama Press.

Directories

- LaBelle, B.M., Pender, N. J., & Goodman, E.S. (1976). Midwest Directory of Resources for Doctoral Education in Nursing. Evanston, Illinois: Committee on Institutional Cooperation.
- Directory of Nurses with Doctorates. (1980). Kansas City, Missouri: American Nurses' Association. Chaired Steering Committee for project. Prepared under Grant No. 5R01-NU00661-02, Division of Nursing, Bureau of Health Professions, Health Resources Administration, Department of Health and Human Services.

Journal Editorships

- Issue Editor, Strategies For Change in Family and Community Health, Family and Community Health, August 1987, 10(2).
- Editor, Research Agenda Section, American Journal of Health Promotion, 1987-1995.

Book Editorships

- Section Editor, Health Promotion/Risk Reduction Across the Lifespan, In A.S. Hinshaw, J. Shaver, S. Feetham (Eds.) (1999).Clinical Handbook of Nursing Research,

Grants for the Conduct of Research

- Principal Investigator. A developmental study of conceptual, semantic differential and acoustical dimensions as encoding categories in short-term memory. Funded by H.E.W., Region V, Small Projects Grant, 1969, \$8,347.

Principal Investigator. Perceived vulnerability to illness as a predictor of health behaviors among young adults. College of Education, Organized Research Grant, Summer 1975, \$3,276.

Principal Investigator. Risk appraisal: Evaluation of impact on health behavior: A pilot study. College of Professional Studies, Organized Research Grant, Summer, 1976, \$3,854.

Co-Project Director. A study of midwest resources for doctoral education in nursing. Funded by H.E.W., Region V, Grant No. 5D10-NU01501, July 1975 to December 1976, \$174,444.

Chairperson, Steering Committee. Nurse doctorates: A national information system/model. Funded by Division of Nursing Research Grant No. 5R01-NU00661, 1978-1981 (Based at ANA), \$314,500.

Principal Investigator. A study of the physiologic and psychologic effects of relaxation and biofeedback on control of hypertension among ambulatory adults. Funded by Northern Illinois University Graduate School Research Grant, Summer 1980, \$1,910.

Principal Investigator. The generalized effects of relaxation and biofeedback on life satisfaction, symptoms of stress and job-related strain. Funded by Northern Illinois University Graduate School Research Grant, Summer 1982, \$3,305.

Principal Investigator. The effects of a corporate fitness program on state-trait anxiety, job-related strain, absenteeism, and productivity. Funded by the American Association of Fitness in Business and Signature Corporation, a subsidiary of Montgomery Ward, 1983-1985, \$17,500.

Principal Investigator/Program Director. Health promoting behavior: Testing a proposed model. Research Program Grant, Funded by National Center for Nursing Research, National Institutes of Health, Grant No. 1 PO1 NR01121, 1985-1987, \$712,272.

Principal Investigator. Exercise Adherence Among Working Adults. Project under Research Program Grant, Funded by National Center for Nursing Research, National Institutes of Health, Grant No. 1 PO1 NR01121, 1985-1987, \$152,264.

Principal Investigator/Program Director. Refinement and validation of the Health Promotion Model. Funded by National Center for Nursing Research, National Institutes of Health, Competing Continuation, Grant No. 1 PO1 NR01121, 1988-1990, \$310,753.

Principal Investigator. Exercise Adherence Among Working Adults. Project under Research Program Grant, Funded by National Center for Nursing Research, National Institutes of Health, Competing Continuation, Grant No. 1 PO1 NR01121, 1988-1990, \$43,079.

Principal Investigator/Center Director. Center for Child/Adolescent Health Behavior Research. Funded by National Center for Nursing Research, National Institutes of Health, Grant No. 1 P20 NR02962-01, 1991-1995, \$300,000.

Co-Principal Investigator. Antecedents, Patterns and Health Outcomes of Exercise Among Adolescents. Funded by National Center for Nursing Research, National Institutes of Health, Grant No. 1 P20 NR02962-01, 1991-1994, \$35,000.

Principal Investigator. Developmental Differences in Exercise Cognitions and Responses to Acute Exercise in the Heat Among Adolescent Girls. Funded by University of Michigan Office of the Vice President for Research, 1998, \$15,500 (sabbatical research grant).

Principal Investigator. Design of a Computer-Based Physical Activity Counseling Intervention for Adolescent Girls.
Funded by Robert Wood Johnson Foundation, 2001-2002, \$83,594.

Presentations at Professional Meetings (1982-2009)

Pender, N.J. (1982, February). Nursing leadership in health promotion. Keynote address presented at the Sigma Theta Tau Research Conference, Arizona State University, College of Nursing, Tempe, AZ.

Pender, N.J. (1982, March). Health Promotion Workshop. Workshop presented at the University of Dubuque, School of Nursing, Dubuque, IA.

Pender, N.J. (1982, November). Physiologic responses of clients with essential hypertension to progressive muscle relaxation training. Research report presented at the Nursing Research: Advancing Clinical Practice Conference, San Francisco, CA.

Pender, N.J. (1983, April). The Health Promotion Model: Directions for research. Paper presented at the Nursing Research Workshop, University of Texas-San Antonio.

Pender, N.J. (1983, April). Effects of attitudes and social norms on intentions to engage in health promoting behaviors. Research report presented at the Nursing Research Workshop, University of Texas-San Antonio.

Pender, N.J. (1983, April). Control of hypertension through non-pharmacologic therapy: Cost implications. Paper presented at the Midwest Nursing Research Society Annual Conference, Iowa City, IA.

Pender, N.J. (1983, April). Attitudes, subjective norms and health behaviors: A test of Fishbein's Model. Research report presented at the Midwest Nursing Research Society Annual Conference, Iowa City, IA.

Pender, N.J. (1983, April). Physiologic effects of progressive muscle relaxation on adults with hypertension. Research report presented at the Sigma Theta Tau Research Day, School of Nursing, Northern Illinois University.

Pender, N.J. (1983, May). Writing a research report. Paper presented at the Sigma Theta Tau Writers Seminar, Rush University, Chicago, IL.

Pender, N.J. (1983, May). New funding sources for research: Business and industry. Paper presented at the Research Facilitators Conference, Milwaukee, WI.

Pender, N.J. (1983, May). Health promotion: Directions for research. Paper presented at the University of Illinois Public Health Nursing Conference, Chicago, IL.

Pender, N.J. (1983, August). Health promotion in primary care. Paper presented at the Wisconsin Primary Health Care Association, Milwaukee, WI.

Pender, N.J. (1983, September). Health promoting behavior: Impact of attitudes and subjective norms. Research report presented at the ANA Council of Nurse Researchers, Minneapolis, MN.

Pender, N.J. (1983, October). Effects of progressive muscle relaxation training on state-trait anxiety and health locus of control. Research report presented at the University of Wisconsin-Milwaukee, School of Nursing Research Colloquium, Milwaukee, WI.

Pender, N.J. (1984, March). Toward a national institute of nursing. Paper presented at the Hines Veterans Administration Research Conference, Hines, IL.

- Pender, N.J. (1984, March). From abstract to article. Paper presented at the Veterans Administration Research Day, North Chicago, IL.
- Pender, N.J. (1984, April). Health promotion and illness prevention: A Review of the literature. Paper presented at the Midwest Nursing Research Society, Annual Review of Nursing Research Symposium, Minneapolis, MN.
- Pender, N.J. (1984, May). Health promotion: Directions for the future. Paper presented at the University of Iowa College of Nursing Research Series, Iowa City, IA.
- Pender, N.J. (1984, May). Health promotion and primary care. Keynote address presented at the Annual Advanced Practice and Primary Care Conference, Michigan State University College of Nursing, East Lansing, MI.
- Pender, N.J. (1984, May). Role of nurses in health promotion. Keynote address presented at the Case Western Reserve University School of Nursing, Alumni Day, Cleveland, OH.
- Pender, N.J. (1984, August). Writing the research proposal. Paper presented at the Rush University College of Nursing and Sigma Theta Tau Journalism Symposium, Chicago, IL.
- Pender, N.J. (1984, September). The effect of participation in a corporate fitness program on productivity, absenteeism, job-related strain and anxiety. Paper presented at the Association of Fitness in Business Annual Meeting, Milwaukee, WI.
- Pender, N.J. (1984, October). The mentoring process in nursing. Paper presented at the Hines Veterans Administration Nursing Research Conference, Schaumburg, IL.
- Pender, N.J. (1984, November). Comprehensive health assessment. Paper presented at the University of Colorado School of Nursing Health Promotion Conference, Denver, CO.
- Pender, N.J. (1984, November). Weight control: Implementing strategies. Paper presented at the University of Colorado School of Nursing Health Promotion Conference, Denver, CO.
- Pender, N.J. (1985, February). Grants-funding sources and preparation. Paper presented at the American Association of Nurse Anesthetists Assembly of School Faculty, Orlando, FL.
- Pender, N.J. (1985, March). Overview of health promoting behavior research program grant. Paper presented at the University of Colorado School of Nursing, Denver, CO.
- Pender, N.J. (1985, March). Approaches to the study of health. Paper presented at the University of North Dakota College of Nursing Faculty - Student Research Seminar, Grand Forks, ND.
- Pender, N.J. (1985, April). Nursing role in disease prevention and health promotion. Keynote address presented at the 20th Annual Meeting of the U.S. Public Health Service Professional Association, Nursing Session, Atlanta, GA.
- Pender, N.J. (1985, April). Health promotion: Contributions of nursing: Benefits for clients. Paper presented at the Midwest Alliance in Nursing Spring Conference, St. Louis, MO.
- Pender, N.J. (1985, April). Response - National initiatives in health promotion. Paper presented at the Association of Graduate Faculty Community Health/Public Health Nursing, Denver, CO.

- Pender, N.J. (1985, May). Research and theory on health and nursing care. Keynote address presented at the 14th Annual Spring Research Symposium, Ohio State University College of Nursing, Columbus, OH.
- Pender, N.J. (1985, October). Nursing strategies for health promotion: An overview. Paper presented at the Wisconsin Nurses' Association, Madison, WI.
- Pender, N.J. (1985, October). Health promotion: Empirical challenges. Keynote address presented at the Sigma Theta Tau Research Conference, Peoria, IL.
- Pender, N.J. (1985, October). Health promoting behavior: Research to test a proposed model. Paper presented at the Vanderbilt University School of Nursing Distinguished Lecturer Series, Nashville, TN.
- Pender, N.J. (1985, November). Understanding health promoting behavior: Testing a proposed model. Paper presented at the University of North Carolina-Chapel Hill, Center for Prevention and Health Promotion Lecture Series, Chapel Hill, NC.
- Pender, N.J. (1985, November). Health promotion: The perspective of the American Nurses' Association. Paper presented at the Society for Public Health Educators Annual Meeting, Washington, D.C.
- Pender, N.J. (1985, December). Knowledge development and utilization: Directions for the 21st century. Forum coordinator at the American Academy of Nursing Annual Scientific Session, San Diego, CA.
- Pender, N.J. (1985, December). Private Funding for Nursing Research. Paper presented at the American Nurses' Association Council of Nurse Researchers Annual Meeting, San Diego, CA.
- Pender, N.J. (1985, December). The effects of a corporate fitness program on absenteeism, productivity, anxiety and job-related strain among clerical employees. Research report presented at the American Nurses' Association Council of Nurse Researchers Annual Meeting, San Diego, CA.
- Pender, N.J. (1986, February). Developing models for health behaviors. Keynote address presented at the University of Cincinnati Sigma Theta Tau Conference, Cincinnati, OH.
- Pender, N.J. (1986, March). Health promotion: Future directions in nursing practice. Keynote address presented at the University of Iowa Continuing Education Conference, Iowa City, IA.
- Pender, N.J. (1986, April). Health promotion: Current challenges, future directions. Paper presented for the Distinguished Lecture for 1986, at Boston College, Boston, MA.
- Pender, N.J. (1986, April). Health promotion model: Developing instrumentation. Research report presented as a symposium participant at the Midwest Nursing Research Society Annual Conference, Omaha, NE.
- Pender, N.J. (1986, May). Health promotion: Developing a research agenda. Keynote address presented at the Annual Research Conference, University of Texas School of Nursing, Austin, TX.
- Pender, N.J. (1986, June). Nursing research: Mentoring, collaborating, and networking. Keynote address presented at the Northwest Indiana Research Consortium Conference, South Bend, IN.
- Pender, N.J. (1986, June). Absenteeism, productivity, and job-related strain among fitness center members and non-members. Research report presented at the Northwest Indiana Research Consortium, South Bend, IN.
- Pender, N.J. (1986, October). Health promotion: Theory and research. Keynote address presented at the University of Tennessee School of Nursing Research Conference, Memphis, TN.

- Pender, N.J. (1986, November). Health promotion: Research priorities. Keynote address presented at Sigma Theta Tau, University of Wisconsin, Madison, WI.
- Pender, N.J. (1987, February). Empowering clients for self-care. Keynote address presented at the Medical College of Ohio Research Conference, Toledo, OH.
- Pender, N.J. (1987, March). Research in nursing: Trends in health care delivery. Keynote address presented at the Chicagoland Sigma Theta Tau 4th Research Conference, Lewis University, Romeoville, IL.
- Pender, N.J. (1987, April). Health promotion: Effect on curriculum. Paper presented at the Northern Illinois University, College of Professional Studies Symposium on Changing Health Care: Education for the Future, DeKalb, IL.
- Pender, N.J. (1987, April). Health and health promotion: The conceptual dilemmas. Keynote address presented at the Wingspread Invitational Conference, Issues in Health Promotion Research, funded by the Johnson Foundation, Racine, WI.
- Pender, N.J. (1987, April). Promoting research excellence at the regional level. Keynote address presented at the Southern Nursing Research Society 1st Conference, Atlanta, GA.
- Pender, N.J. (1987, April). Health promotion: A self-care challenge for nurses. Keynote address presented at the Illinois Nurses' Association, Second District Annual Meeting, West Chicago, IL.
- Pender, N.J. (1987, July). Application of the Health Promotion Model and related research findings in clinical settings. Workshop session presented at the National Symposium of Nurse Practitioners, Keystone, CO.
- Pender, N.J. (1987, October). Trends in health promotion. Keynote address presented at the Health Promotion Workshop, Northern Michigan University, Marquette, MI.
- Pender, N.J., Walker, S. N., Sechrist, K. R., & Stromborg, M. (1987, October). Health promotion model: Implications of research findings. Poster session presented at the International Nursing Research Conference, American Nurses' Association Council of Nurse Researchers, Washington, D.C.
- Pender, N.J. (1987, November). Taking the initiative toward wellness, New York/New Jersey Multiple Sclerosis Society, Teaneck, NJ.
- Pender, N.J. (1987, November). Health promotion and health policy. Distinguished Lecture presented at University of Minnesota School of Nursing, Minneapolis, MN.
- Pender, N.J. (1987, December). The health promotion challenge in community health nursing. Keynote address presented at the Health Promotion in Action Conference at the University of Michigan, Ann Arbor, MI.
- Pender, N.J. (1988, March). Nursing diagnosis for health promotion. Invited address presented at the North American Nursing Diagnosis Association Conference, St. Louis, MO.
- Pender, N.J. (1988, March). Health promotion: Implications for curricula and research. Invited address presented at Northeastern Missouri University, Kirksville, MO.
- Pender, N.J. (1988, April). Nursing: Trends in health promotion and disease prevention. Keynote address presented at the University of Akron Nursing Research Conference, Akron, OH.

- Pender, N.J. (1988, April). Exercise adherence in the corporate setting: Process and patterns. Presentation on receipt of Midwest Nursing Research Society Award for distinguished contributions to nursing research, MNRS Annual Conference, Wichita, KS.
- Pender, N.J. (1988, May). The Health Promotion Model: Implications for risk reduction. Presented at the American Heart Association Invitational Conference on Risk Factor Reduction, Scottsdale, AZ.
- Pender, N.J. (1988, October). Health promotion: Current challenges, future directions. Kaiser Permanente Distinguished Lectureship presented at the University of Texas - Arlington, Arlington, TX.
- Pender, N.J. (1988, October). Health promotion: An integral aspect of nursing. Keynote address presented at the University of Lowell, Department of Nursing, Lowell, MA.
- Pender, N.J. (1988, November). Health promotion: Past, present and future. Keynote address presented at the Association of Military Surgeons of the United States Annual Conference (The Association of Federal Health Agencies), San Antonio, TX.
- Pender, N.J. (1989, March). Health Promotion Model: Instrumentation issues. Pre- and Post-Doctoral Seminar presented at the University of Arizona, Tucson, AZ.
- Pender, N.J. (1989, March). Health promotion versus health protection. Seminar presented at Thomas Jefferson University, Philadelphia, PA.
- Pender, N.J. (1989, March). Health promotion: Evolution or revolution. Visiting scholar address presented at Thomas Jefferson University, Philadelphia, PA.
- Pender, N.J. (1989, March). Health professionals: Role modeling health promotion. Seminar presented at Thomas Jefferson University, Philadelphia, PA.
- Pender, N.J. (1989, March). Changing lifeways of corporate employees. Viana Cown Lectureship presented at School of Nursing, University of South Carolina, Columbia, SC.
- Pender, N.J. (1989, April). Lifestyles of working adults: Patterns and influences. Seminar presented at School of Nursing, University of Texas, Austin, TX.
- Pender, N.J. (1989, April). Lifestyles of corporate health promotion program participants. Seminar presented at School of Nursing, Emory University, Atlanta, GA.
- Pender, N.J. (1989, October). Healthy lifestyles: Influences and issues. Seminar presented at School of Nursing, University of North Carolina, Chapel Hill, NC.
- Pender, N.J. (1989, November). Moving toward wellness: A future agenda. Keynote address presented at the Biennial Convention of Sigma Theta Tau, Indianapolis, IN.
- Pender, N.J. (1990, April). Building research through collaboration with business and industry. Seminar presented at School of Nursing, University of Colorado, Denver, CO.
- Pender, N.J. (1990, November). Collaboration: how to make it work. Keynote address presented at the Eighth Annual Faculty Research Day. University of Michigan School of Nursing, Ann Arbor, MI.
- Pender, N.J. (1990, December). Workplace health promotion programs: Impact on families. Paper presented at Fifth Annual Health Promotion Conference, Holiday Inn West Conference Center, Ann Arbor, MI.

- Pender, N.J., (1991, February). An Interdisciplinary Research Agenda in Health Promotion. Forum presented at American Journal of Health Promotion Conference. Westin Conference Center, Hilton Head, North Carolina.
- Pender, N.J. (1991, April). Health Promotion: Challenge for Occupational Health Nurses. Keynote address presented at American Association of Occupational Nurses Conference, Moscone Conference Center, San Francisco, CA.
- Pender, N.J. (1991, April). Health Promotion: Implications for Nurse Practitioner Education, Practice and Research. Keynote address presented to National Organization of Nurse Practitioner Faculties, San Diego Hilton, San Diego, CA.
- Pender, N.J. (1991, April). Health promotion and nurse practitioners: Implications for education, research, and practice. Keynote address given at the National Organization of Nurse Practitioner Faculties Conference in San Diego, CA.
- Pender, N.J. (1991, February). A vision for the future of health promotion nursing. Distinguished Scholar Address, Grand Valley State University, Grand Rapids, MI.
- Pender, N.J. (1992, March). Health promotion: The nursing challenge. Keynote address presented at Oakland University, Rochester, MI.
- Pender, N.J. (1992, April). Sedentary employees: Promoting an active lifestyle. Address, presented at Michigan Safety Conference, Lansing, MI.
- Pender, N.J. (1992, May). Health Promotion in Home Health: Assessment and Intervention. Keynote address presented at the Medical College of Ohio, Toledo, OH.
- Pender, N.J. (1992, May). A Vision for Health Promotion Nursing in the 21st Century. Keynote address presented at the Community Health Nursing Conference, University of North Carolina-Chapel Hill, Chapel Hill, NC.
- Pender, N.J. (1992, May). Shaping Workplace Health Promotion in the 21st Century. Visiting Lecturer Series, University of North Carolina-Chapel Hill, NC.
- Pender, N.J. (1992, June). Health Promotion Across the Lifespan. Keynote address presented at the CDC Health Promotion Conference, Saint Anselm College, Manchester, NH.
- Pender, N.J. (1992, June). The Health Promotion Model. Luncheon address presented at Simmons College, Boston, MA.
- Pender, N.J. (1992, November). The Future of Health Promotion Nursing in the 21st Century. Keynote presented at annual research conference, Wright State University, Dayton, OH.
- Pender, N.J. (1993, June). The Future: Nursing Scholarship & Literature. Panel presentation at the National League for Nursing's 100th Anniversary Biennial Convention, Hynes Convention Center, Boston, MA.
- Pender, N.J. (1994, May). The Road Less Traveled. The Rae M. Huegli Lecture presented at Convocation, Valparaiso University, Valparaiso, IN.
- Pender, N.J. (1994, July). National Health Goals: Nursing's Contribution. Presented at Doctoral Student Forum Colloquium, Wayne State College of Nursing, Detroit, MI.

- Pender, N.J. (1995, September). Building Nursing Science Through Specialized Nursing Centers: Child and Adolescent Health Behavior Research Center as an Exemplar. Faculty presentation. University of Nebraska College of Nursing, Omaha, NE
- Pender, N.J. (1995, September). Health Promotion: The 21st Century and Beyond. Community presentation. University of Nebraska College of Nursing, Omaha, NE
- Pender, N.J. (1995, October). Integrating Health Promotion into Clinical Practice. Regional Clinical Conference. Toledo Hospital, Toledo, Ohio.
- Pender, N.J. (1996, January). University Leadership Through Research. Presentation at the AACN Doctoral Education Conference. Sanibel Island, FL
- Pender, N.J. (1996, March). 21st Century Nursing: Health Promotion and Disease Prevention. Keynote address at 15th Annual Research Conference, Sigma Theta Tau International, Delta Beta Chapter, University of South Florida, Tampa, FL.
- Pender, N.J. (1996, September). Cardiovascular Health: Targeting Adolescents. Special clinical presentation at the American Heart Association, Michigan Affiliate Cardiovascular Research Forum, Michigan Athletic Club, East Lansing, MI.
- Pender, N.J. (1997 March). Health Promotion for Adolescents: What Works. Presentation at Healthy People Wisconsin 2000 Conference. Marquette University, Milwaukee, Wisconsin.
- Pender, N.J. (1997 April). Future directions for research: Interdisciplinary studies and potential funding sources. Keynote address at pre-conference workshop: Meeting Healthy People 2000 Objectives: Priorities for Nursing Intervention Research. Midwest Nursing Research Society 21st Annual Conference, Minneapolis, Minnesota.
- Pender, N.J. (1997 September). Invited participant, Physical Activity & Public Health: Post Graduate Course on Research Directions and Strategies. Sponsored by CDC & University of South Carolina. Hilton Head Island, South Carolina.
- Pender, N.J. (1998 June). Gender differences in intra-exercise responses among boys and girls. Children's Exercise and Nutrition Centre Symposium, McMaster University, Hamilton, Ontario, CA.
- Pender, N.J. (1999 March). Invited presenter at Society of Behavioral Medicine. What influences girls responses to exercise? San Diego, CA.
- Pender, N.J. Bar-Or, O. & Wilk, B. (1999, June). Effect of pre-exercise cognitions on responses to acute exercise among pre- to advanced pubertal females. Poster presentation at the American College of Sports Medicine 46th annual meeting. Washington State Convention & Trade Center, Seattle, Washington.
- Pender, N.J. (1999, November). Vim, Vigor and Vitality: Health Promotion for Nurses. First Annual Jeanette Spero Distinguished Lectureship at the University of Cincinnati College of Nursing, Cincinnati, Ohio.
- Pender, N.J. (2000 February). Health Promotion Goals for the New Millenium. Invited presentation at Sigma Theta Tau, Rho chapter, Ann Arbor, MI.
- Pender, N.J. (2000 April). Physical Activity Intervention Research: A New Millenium of Scientific Discovery. Presentation at the Conference Workshop "Promoting Physical Activity Among Diverse Groups Across the Health Continuum." Midwest Nursing Research Society 24th Annual Research Conference. Dearborn, MI.

- Robbins, L., & Pender, N.J. (2000 April). Physical Activity Self-Efficacy in Diverse Groups of Youth. Poster presentation at the Society of Behavioral Medicine, 21st Annual Meeting. Nashville, TN.
- Pender, N.J. (2001, September). Moving Interventions to Practice: United States Preventive Services Task Force. Invited presentation at School of Nursing, Center for Health Promotion. Ann Arbor, MI.
- Pender, N. J. (2002, April). Translating the Health Promotion Model into Practice. Keynote Presentation at University of South Carolina College of Nursing Research Day. Columbia, SC.
- Pender, N. J. (2002, October). Health Promotion and Prevention in Nursing Practice: An Evidence-Based Approach. Keynote Presentation at East Tennessee State University. Sigma Theta Tau International, Epsilon Sigma Chapter, Johnson City, TN.
- Pender, N. J. (2002, October). Application of the Health Promotion Model to Community Health Nursing. Presentation at East Tennessee State University. Undergraduate and Graduate Students, Johnson City, TN.
- Pender, N. J. (2002, October). Presentation of the Health Promotion Model. Presentation at East Tennessee State University. Undergraduate and Graduate Students, Johnson City, TN.
- Pender, N. J. (2003, June). Health Promotion and Prevention: Current Status and Future Challenges. Presentation at DePaul University. Sigma Theta Tau – Zeta Sigma Chapter. Graduate Convocation and Sigma Theta Tau International Induction. Chicago, IL.
- Pender, N. J. (2005, September). Health Promotion in Nursing Practice. Presentation at the Sigma Theta Tau International, Delta Iota Chapter Conference on Enhancing Practice Through Nursing Research, Hampton University, Hampton, Virginia.
- Pender, N.J. (2005, December) Facilitating Creative Dissertation Research. A Workshop presented for graduate faculty at Loyola University Chicago, Lakeshore Campus, Chicago, Illinois.
- Pender, N. J. (2006, April). Adolescent Girl's Perceptions of Interpersonal Influences on Their Physical Activity. A Poster Presentation at the 30th Annual Research Conference of the Midwest Nursing Research Society – Linking Research and Practice: A Roadmap for the Future. Hilton Milwaukee City Center, Milwaukee, WI.
- Pender, N.J. (2006, May). An Evidence-Based Approach to the Health Promotion Model. Paper Presented at Elmhurst University, Sigma Theta Tau, Elmhurst, IL.
- Pender, N.J. (2007, March). Using the Health Promotion Model in Evidence-Based Practice. Paper Presented at Aurora University, Sigma Theta Tau – Lambda Upsilon Chapter, Aurora, Illinois.
- Pender, N.J. (2007, April). Testing the Health Promotion Model in Research. Paper Presented at Teachers College, Columbia University, Doctoral Program, New York, New York.
- Pender, N.J. (2007, April). The Health Promotion Model: Its Implications for Evidence-Based Practice. Paper Presented at Teachers College, Columbia University, Doctoral Program, New York, New York.
- Pender, N. J. (2007, April). Establishing a Research Program: The Health Promotion Model. Paper Presented at South Dakota State University, College of Nursing, Brookings, South Dakota.
- Pender, N.J. (2007, April). Health Promotion: Assessment and Counseling for Behavior Change. Distinguished Lecture Presented at Sigma Theta Tau, Phi Chapter, South Dakota State University, College of Nursing, Brookings, South Dakota.

Pender, N.J. (2007, April). Research Testing the Health Promotion Model. Keynote Address. The Eighteenth Annual Nursing Research Symposium, Living Nursing Scholarship: Research, Theory, and Practice, South Dakota State University, Brookings, South Dakota.

Pender, N. J. (2007, November). The Health Promotion Model and Evidence-Based Practice. Keynote Address. Research Day, Sigma Theta Tau. College of Misicordia. Dallas. Pennsylvania.

Pender, N. J. (2007, December). The Three “C”s of a Successful Nursing Career. Commencement Address. West Suburban College of Nursing, Oak Park, Illinois.

Pender, N. J. (2008, October). The Health Promotion Model: A Framework for Behavioral Counseling. Alumni Weekend Address. West Suburban College of Nursing, Oak Park, Illinois.

Pender, N.J. (2008, November). The Health Promotion Model and Evidence-Based Practice. The Northwest Indiana Nursing Research Consortium- New Dimensions in Nursing Research: Impacting Patient Outcomes Through Research. Radisson Conference Center, Merrillville, Indiana.

International Presentations

Pender, N.J. (1985, May). Health Promotion in Business and Industry: A Challenge for the Community Health Nurse. Paper presented at the 1st International Conference on Health Education in Nursing, Midwifery and Health Visiting, Harrogate, England.

Pender, N.J. (1995, September). Gender Differences in Adolescent Exercise Patterns. Research presentation, International Research Conference of the Japan Academy of Nursing Science, Kobe, Japan.

Pender, N.J. (1995, September). Developing a Research Center to Support Nursing Science. Faculty Workshop. Osaka Prefectural College of Nursing, Osaka, Japan.

Pender, N.J. (1995, September). Promoting the Health of Adolescents in Communities. Regional Nursing Conference. Osaka Prefectural College of Nursing, Osaka, Japan.

Pender, N.J. (1996, June). Effects of Transition to Junior High School on the Exercise Beliefs and Exercise Behaviors of Adolescents. Presentation at the International Nursing Research Congress, Ocho Rios, Jamaica.

Pender, N.J. (1997, March). The Health Promotion Model: It's Use in Research and Practice. Presentation at Chiba University, Chiba, Japan.

Pender, N.J. (1999, October). The Health Promotion Model: It's Use in Research, Practice and Education. Workshop presented at Korea University for all School of Nursing faculty in Korea, Seoul, Korea.

Pender, N.J. (2000 October). The Health Promotion Model: Application to Research and Nursing Curricula. Workshop presented at Universidad Autonoma Nuevo Leon, Monterrey, Mexico.

Pender, N.J. (2001 January). Health Promotion Interventions for Culturally Diverse Populations: Can We Meet the Challenge? Conference keynote presentation, Chiang Mai, Thailand.

Pender, N.J. & Wu, T.Y. (2001, June). Promoting Physical Activity Among Taiwanese and American Adolescents. Presentation at the International Council of Nurses ICN 22nd Quadrennial Congress, Copenhagen, Denmark.

Pender, N. J. (2004, October). Health Promotion: Present and Future. Presentation at the International Conference on Health Promotion: Evidence, Practice and Policy, Chang Mai, Thailand.

Pender, N. J. (2005, May). Behavioral Counseling Interventions: Models for Travel Medicine. Presentation at the 9th Conference of the International Society of Travel Medicine, Lisbon, Portugal.

Pender, N. J. (2009, August). Health Promotion and Evidence-Based Practice. Presentation at the International Research Conference. Universidad Catolica Santo Toribio de Mogrovejo, Chiclayo, Peru.

Pender, N. J. (2009, August). Health Promotion Research in the 21st Century. Presentation at the International Research Conference. Universidad Catolica Santo Toribio de Mogrovejo, Chiclayo, Peru.

Pender, N. J. (2009, September 12) Health Promotion and Evidence-Based Practice. Presentation at Burapha University to Faculty, Undergraduate and Graduate Students. Chonburi, Thailand.

Consultantships

Research Consultant, Hypertension Survey, DuPage County Health Department, 1979 to 1980.

Curriculum Consultant, Olivet College, Integrating Research Concepts in the Undergraduate Curriculum, 1980.

Curriculum Consultant, Ball State University, School of Nursing, Spring 1980.

Curriculum Consultant, Valparaiso University, School of Nursing, Teaching Research in the Undergraduate Curriculum, 1981.

Research Consultant, Arizona State University, School of Nursing, Nursing Assessment for Health Promotion. Funded by the Division of Nursing, 1981-1983.

Research Consultant, University of Wisconsin-Milwaukee, Nursing Clinic, Consortium Research Project, Milwaukee, WI, January 29, 1983.

Research Consultant, Case Western Reserve University, School of Nursing. Preparation of research proposal based on Health Promotion Model, January 8, 1984.

Research Consultant, University of North Dakota, College of Nursing. Preparation of research proposal on health promoting behavior, January 23, 1984.

Consultant, NIH Task Force on Nursing Research, National Institute of Aging, Washington, D.C., June 19, 1984

Consultant, HHS, PHS, Division of Nursing, Collaboration in nursing education, research and practice (Invitational conference), Washington, D.C., July 23-25, 1984.

Consultant, Oregon Health Sciences University, Development of a Health Promotion Emphasis within the graduate curriculum, 1985-1987.

Consultant, Environmental Health Care Division, School of Nursing, University of Colorado, Denver, CO, March 7-8, 1985.

Consultant, Graduate Faculty, College of Nursing, University of North Dakota, Grand Forks, ND, Research Proposal Preparation, March 18, 1985.

Consultant, Health Promotion Center, Vanderbilt University Medical Center, Nashville, TN, October 30-31, 1985.

Consultant, Center for Prevention and Health Promotion, University of North Carolina - Chapel Hill, November 7-8, 1985.

Consultant, Masters Program in Community Health Nursing to develop specialty in health promotion, University of North Carolina - Chapel Hill, November 8, 1985.

Consultant, development of masters program in adult health and illness focused on health promotion, funded by the Division of Nursing, BHP, HRSA, Oregon Health Sciences University School of Nursing, Portland, Oregon (three-year period). Current year consultation visit was July 16-18, 1986.

Consultant, Continuing Education in Health Promotion for Nurses, funded by the Division of Nursing, BHP, HRSA, Texas Women's University, Houston, TX (three-year period), 1986-1988.

Consultant, Graduate Programs in Community Health and Family Health Nursing. Integration of Health Promotion into Curricula. Florida State University, Tallahassee, FL, May 13-14, 1987.

Consultant, Graduate Program in Adult Wellness. Northern Michigan University, Marquette, MI, October 22-24, 1987.

Curriculum Consultant, Health Promotion Subspecialty in Graduate Curriculum, Oregon Health Sciences University, Portland, OR, November 12-13, 1987.

Research Consultant, Administrative structure for research, University of Minnesota School of Nursing, Minneapolis, MN, November 18, 1987.

Curriculum and Research Consultant, Doctoral Program Proposal - Specialty in Health Promotion, University of Lowell, Department of Nursing, Lowell, MA, October 28, 1988.

Consultant, Pre- and Post-Doctoral Instrumentation Fellowship Program Grant, College of Nursing, The University of Arizona, Tucson, AZ, 1988-1989.

Research Consultant, Factors Affecting Exercise Compliance (Funded NIH grant), University of Texas, School of Nursing, April, 1989.

Doctoral Program Curriculum Consultant, Ohio State University, College of Nursing, April, 1989.

Curriculum Consultant, University of North Carolina - Chapel Hill, Integration of Health Promotion into Primary Care Curricula, October 31, 1989.

Research Consultant, HIV and Health Promoting Behavior: Nursing Implications. (Funded NIH Grant.) University of Colorado, Denver, CO, 1989-1991.

Health Care Services Consultant, University of Nebraska Medical Center, Health Promotion Disease Prevention as Part of Clinical Services, September, 1995.

Curriculum Consultant, Georgia Southern University, Integrating Research into Graduate and Undergraduate Nursing Curricula, February, 1999.

Research Consultant. East Tennessee State University School of Nursing Faculty. Developing a Support Facility for Nursing Research. Johnson City, TN. October 9, 2002.

Center Consultant. Center for Research in Health Promotion and Risk Reduction in Special Populations. University of South Carolina College of Nursing, 1999-2004.

Research Consultant. Doctoral students. South Dakota State University., April, 2007.

International Teaching and Consultantships

Community Health Consultant, Grupo Medico Dr. Bournigal, S.A., Puerto Plata, Dominican Republic, November 23-24, 1987.

Curriculum Consultant, health promotion content in undergraduate and graduate curricula. Chiba University, Chiba, Japan, March 21-29, 1997.

Curriculum Consultant, health promotion content in undergraduate curricula. Osaka Prefectural University, Osaka, Japan. March 17-19, 1999.

Research Consultant, Implementation of the Health Promotion Model in Research. Korea University, Seoul, Korea, October, 1999.

Research Consultant, Mexico Consortium of Nurse Researchers. Use of the Health Promotion Model in Health Promotion and Prevention Research. Monterrey, Mexico, October 9-15, 2000.

Research Consultant. Research Faculty at Yonsei University, Wonju College of Medicine, Department of Nursing, Wonju, Kangwon-Do, Korea. 2001-2003

Research Consultant. Mahidol University School of Nursing Faculty. Worked with 16 faculty consulting on their research plans and projects. Served as liaison to University of Michigan School of Nursing linking various faculty to UM researchers in specific substantive areas. Bangkok, Thailand, July 16-August 6, 2002.

Research Consultant. Mahidol University School of Nursing Faculty. Use of the Health Promotion Model in Intervention Research. Faculty Workshop. Bangkok, Thailand, July 16-19, 2002.

Visiting Scholar and Teaching Faculty. Mahidol University School of Nursing. Doctoral Course in Health Promotion Research: Developing Intervention Research Designs. Bangkok, Thailand, July 22-26, 2002.

Pender, N. J. Health Promotion Research Workshop. Universidad Catolica Santo Toribio de Mogrovejo, Chiclayo, Peru, August 25, 2009.

Visiting Scholar and Teaching Faculty. Mahidol University School of Nursing. Doctoral Course in Health Promotion Research: Developing Intervention Research Designs. Bangkok, Thailand, September 7-23, 2009.

Research Consultant. Mahidol University School of Nursing Faculty. Use of Behavior Change Models in Intervention Research. Faculty and Doctoral Student Consultation on Individual Projects. Bangkok, Thailand, September 8-22, 2009.

Current Membership in Professional Organizations

American Nurses' Association	1962 to present
Phi Kappa Phi All-College National Honorary	1965 to present

Illinois Nurses' Association	1968 to present
Sigma Theta Tau National Nursing Honorary	1970 to present
American Academy of Nursing	1985 to present
Midwest Nursing Research Society	1976 to present

Offices & Board Appointments Held in Professional Organizations

- Chairperson, Illinois Nurses' Association Task Force for Nursing Research, July 1974 to November 1975.
- Coordinator and Chairperson, Illinois Nurses' Association Open Forum on Structuring for Research, March 1975.
- Member, American Nurses' Association, Commission on Nursing Research, 1976 to 1982.
- Liaison Member (from ANA Commission on Research) to National Study on Credentialing in Nursing, 1978 to 1980.
- Liaison Member (from ANA Commission on Research) to Entry into Nursing Practice Task Force, 1979.
- Chairperson, Subcommittee on Intramural Research Program, ANA Commission on Nursing Research, 1980 to 1982.
- Chairperson, American Nurses' Association, Cabinet on Nursing Research, 1982 to 1984.
- Illinois Legislative Liaison, ANA Council of Nurse Researchers, 1982-1988.
- President-Elect, Midwest Nursing Research Society, 1984-1985
- Member, Program Planning Committee, Midwest Nursing Research Society, 1984-87.
- Member, Midwest Nursing Research Society Awards Committee, 1984-87.
- Member, MAIN/MNRS Liaison Committee, 1984-87.
- Secretary, Illinois Nurses' Association, Family and Community Health Section, 1984-1986.
- ANA Representative to American Medical Association Health Policy Agenda Work Group on Medical Science, 1985-1986.
- Member, Strategic Planning Committee, Midwest Nursing Research Society, 1985-86.
- President, Midwest Nursing Research Society, 1985-1987.
- Member, Nominating Committee, American Academy of Nursing, 1987-1988.
- President-Elect, American Academy of Nursing, 1989-1991.
- President, American Academy of Nursing, 1991-1993.

Member, Past President's Task Force, American Academy of Nursing, 1997-present.

Chair, Strategic Planning Committee, American Academy of Nursing, 1989-1991.

Member, Program Planning Committee, American Academy of Nursing, 1989-1991.

Co-chair, Adolescent Health Expert Panel, American Academy of Nursing, 1993-1998.

Member, Midwest Nursing Research Society Awards Committee, 1990-1992.

Member, Board of Directors, Research America, 1993-present.

Member, U.S. Preventive Services Task Force (16 members), 1998-2002.

Member, U.S. Preventive Services Task Force Working Group on Behavior Change Interventions. 1998-2002.

Member, U.S. Preventive Services Task Force Working Group on Physical Activity Counseling, 1998-2002.

Member, U.S. Preventive Services Task Force Working Group on Dietary Counseling, 1998-2002.

Member, U.S. Preventive Services Task Force Working Group on Screening for Developmental Delay, 1998-2002.

Member, U.S. Preventive Services Task Force Working Group on Process & Products, 1998-1999.

Member, U.S. Preventive Services Task Force Working Group on Pediatric Preventive Services, 2003-2004.

Member, Executive Committee, Building Health Promotion into the National Research Agenda, 2000-2004.

Trustee, Board of Trustees, Midwest Nursing Research Society Foundation, 2009-present.

Professionally Oriented Public Service Activities

Television appearance on CBS, Channel 2, Chicago with Anne Zimmerman, Executive Director, Illinois Nurses' Association, on "It's Worth Knowing About Us." (Half-hour interview program.) Topic we discussed: Current Roles of Nurses in Health Care Delivery, 1976.

Radio guest on WNIU Interview Program, "Women in the News." Topic discussed: New Roles in Nursing of Interest to Health Consumers, 1976.

Speaker. "Health Promotion: Programming in the Elementary School." Faculty In-Service, Roberts School, DeKalb, Illinois, March 17, 1977.

Television appearance on Indiana Medical Network Issues in Nursing Series, Ball State University, May 1980.

Interview and newspaper coverage, Relaxation for Blood Pressure? Houston Chronicle, June 12, 1980.

Press interview. Corporate fitness programs, San Diego, CA, December 6, 1985.

Member, University of Chicago Hospital and Clinics Nursing Research Advisory Board, 1985-1999.

Judge, American Red Cross National Competition, "Innovative Programs in Health Promotion." National Headquarters, Washington, D.C., February 13-14, 1986.

Chair, Interregional Consortium on Nursing Research, Anaheim, CA, June 17, 1986. Consisted of representatives from MARNA, NEON, SREB, MAIN, MNRS, and WICHEN.

Facilitator, Pontiac Public School District/University of Michigan School of Nursing Community Partnership for Adolescent Health (PUMA), 1994-present.

Co-Facilitator, Scarlett Middle School/University of Michigan School of Nursing Community Partnership for Healthy Adolescents, 1995-present.

Radio guest on WUOM. USPSTF Clinical Recommendations-Chlamydia; Screening for Lipids, Bacterial Vaginitis. April, 2001.

Radio guest on WAAM. USPSTF Clinical Recommendations-Chlamydia; Screening for Lipids, Bacterial Vaginitis. April, 2001.

Radio guest on WAAM. Promoting Physical Activity Among Adolescent Girls. April, 2002.

Radio guest on Chiclayo, Peru Television Station. Health Promotion: A Critical Part of Health Care, August, 2009.

Other Professionally Significant Achievements

Member, Editorial Board of Review, Advances in Nursing Science, 1980-2001.

Member, Editorial/Advisory Board, Public Health Nursing, 1985-1994.

Member, Editorial Board, Family and Community Health Nursing, 1985-2000.

Member, Editorial Board, Journal of Compliance in Health Care, 1985-1989.

Member, Editorial Board, Journal of Holistic Nursing, 1986-1990.

Associate Editor, Research Agenda, American Journal of Health Promotion, 1986-1987.

Editor, Research Agenda, American Journal of Health Promotion, 1987-1995.

Reviewer, Annals of Behavioral Medicine, 1999-present.

Reviewer, Preventive Medicine, 2001-present.

Conference Coordinator, National Invitational Health Promotion Conference on Conceptual Issues in Health Promotion Research. Collaborated with Mary Duffy, University of California - San Francisco, to write proposal. Funded by the Johnson Foundation. Conference held at Racine, WI, on the Johnson estate, Wingspread, April 13-15, 1987.

Member, National Advisory Council on Nursing Research, National Center for Nursing Research, National Institutes of Health, 1987-1990.

Co-Chair of the Steering Committee to develop the research agenda for the National Center for Nursing Research, National Institutes of Health, Appointed August, 1988.

Member, Board of Directors of the National Council for the Education of Health Professionals in Health Promotion (NCEHPHP), American College of Preventive Medicine, Washington, D.C. 1988-1991.

Chair, Priority Expert Panel on Health Promotion for Children and Adolescents, National Center for Nursing Research, National Institutes of Health. 1992-1993.

Member, Development Committee, American Academy of Nursing, 1996-present.

Member, Past Presidents Advisory Committee, American Academy of Nursing, 1990-present.

University Service

University of Michigan

Rackham Graduate School, Research Partnership Program. Selection Committee, 1992-1993.

Undergraduate Education Advisory Committee, 1994-2001

Research Policies Committee, 1992-1995.

Research Associate Deans Consortium, 1990-2001

Health Workforce Development Task Force.

Advisory Committee on the University Budget, 1993-1996.

Primary Care Initiative, Health Professions Education Task Force, 1994-1998.

Advancing Collaborative, Integrative and interdisciplinary Research, Teaching & Learning. Working Group on Research, 1999

Service to School of Nursing

Member, Appointment, Tenure and Promotion Committee. 1992-1993; 1997-1999.

Chair, Faculty Development Task Force. 1992-1993.

Ex Officio Member, Curriculum Committee 1993-2001

Chair, Dean Search Committee 1992-1994

Ex Officio Member, Committee on Admissions and Academic Scholastic Standing. 1993-2001.

Member, Doctoral Admissions Committee. 1992-1993.

Chair, Undergraduate Coordinating Committee. 1993-1995

Chair, Graduate Faculty Committee. 1994-1998

Member, Future Vision Committee. 1999-2001

School of Nursing Doctoral Advisement/Dissertation Committee

Chair

Cynthia Coviak. "Child-Parent Reciprocal Influences in Parental Exercise Behavior." 1993-1998.

Cynthia Gustafson. "Sexual Fidelity as an Approach to Adolescent Sexuality." 1995-1997.

Tsu-Yin Wu. "Determinants of Physical Activity Among Taiwanese Adolescents: A Test of the Health Promotion Model. 1996-1999.

Ming-Chaun, Chang. "Behavioral and Sociocultural Influence on Physical Activity Among Asian-American Youth: Building an Empirical and Theoretical Perspective." 2000-2001.

Membership on 21 Doctoral Committees in Nursing and Kinesiology. 1990-2002.

Post Doctoral Fellow Mentorships

Mary Albrecht 1991-1992 – Application of the Health Promotion Model to Public Health Nursing.

Cornelia Porter 1992-1993 – Determinants of Adolescent Health Behavior and Sexual Encounters.

Antonio Villaruel. 1993-1995 – Interventions for Health Promotion Among Hispanic Adolescents

Marilyn Frenn 1993-1994 – Physical Activity and Eating Patterns of Adolescents.

Lorraine Robbins 1998-2000 – Gender Differences in Cognitive and Affective Responses to Exercise Among Adolescents.

Kimberlee Gretebeck. 1999-2001 – Determinants of Physical Activity in Older Adults

Doctoral Level Courses Taught at the University of Michigan

N862 - Conceptual and Methodological Issues in Health Behavior

N866 - Health Promotion Intervention Research

N869 - Human Responses and Altered Biological Function

Professional Honors and Awards

Honorary Degrees

Honorary Doctorate of Sciences Degree conferred by Widener University at their Spring Commencement, May 16, 1992 for contributions to developing the science of health promotion.

Honorary Degree. Conferred by West Suburban College of Nursing at the December 2007 Commencement. Oak Park, IL, for outstanding contributions to the science of health promotion.

Other Honors and Awards

Member, Phi Kappa Phi, All College Honorary

Member, Sigma Theta Tau, Nursing Honorary

Nominated for Distinguished Doctoral Research Award, Northwestern University, 1969.

Distinguished Alumni Award, Michigan State University School of Nursing, 1972.

Emens Distinguished Professorship, Ball State University, Muncie, IN 1980.

Fellow, American Academy of Nursing. Appointed in 1981. (Appointment as Fellow limited to outstanding nurse leaders in the United States.)

Nominee, Presidential Research Fellowship, Northern Illinois University, 1984.

Visiting Scholar, Vanderbilt University School of Nursing, 1985.

Visiting Scholar, Boston College School of Nursing, 1986.

Visiting Scholar, University of Minnesota School of Nursing, 1987.

American Journal of Nursing 1987 Book of the Year Award for Health Promotion in Nursing Practice, 2nd edition.

Sigma Theta Tau International Honor Society of Nursing, Beta Omega Chapter Award for contributions to nursing research, 1987.

Illinois Nurses' Association, Distinguished Nurse Researcher Award for outstanding achievements in and contributions to nursing research, 1987.

Midwest Nursing Research Society Award for distinguished contribution to nursing research in the Midwest, 1988.

Listed in Who's Who in American Nursing 1988-1989 published by the Society of Nurse Professionals, Owings Mill, MD.

First Kaiser Permanente Distinguished Lectureship in Health Promotion, 1988.

Visiting Professor, University of Michigan School of Nursing, September 1989 - March 1990.

Summer Scholar, Widener University. Health Promotion in Nursing Practice Graduate Education Workshop, Chester, PA June 1-5, 1992.

Visiting Scholar, University of Nebraska Medical Center, College of Nursing, Omaha, Nebraska, September 7-10, 1995.

American Journal of Nursing 1996 Book of the Year Award for Health Promotion in Nursing Practice, 3rd edition.

American Psychological Association Award for distinguished contributions to Research in Nursing and Psychology, APA Annual Meeting, Chicago, Illinois, 1997.

Mae Edna Doyle Teacher of the Year Award, University of Michigan School of Nursing, 1998.

Crockett Distinguished Scholar Lectureship, Health Promotion and Nursing: Toward the New Millenium. Georgia Southern University, Statesboro, Georgia, 1999.

Pender, N.J. (1999, November). Vim, Vigor and Vitality: Health Promotion for Nurses. First Annual Jeanette Spero Distinguished Lectureship at the University of Cincinnati College of Nursing, Cincinnati, Ohio.

Distinguished Professorship, Loyola University Chicago School of Nursing. Chicago, IL. Appointed August 2004.

Midwest Nursing Research Society, Lifetime Achievement Award for contributions to research in health promotion and prevention and nursing research and education, MNRS 29th Annual Research Conference, Cincinnati, Ohio, 2005.

University of Michigan. Nola J. Pender Collegiate Chair in Health Promotion. Named in honor of my work in health promotion. Currently held by Dr. Antonia Villarruel, Professor and Distinguished Researcher. Dr. Villarruel was awarded the Collegiate Chair for her scholarship in prevention and health promotion and her international leadership in nursing. Named and conferred in September 2005.

Visiting Professorship, Teachers College, Columbia University, Department of Nursing, New York, New York, April 2007.

Helen K. Grace and Nursing Deans Distinguished Lectureship, 2007 Distinguished Lecturer, South Dakota State University College of Nursing, Brookings, South Dakota. Conferred April 2007.

Portraits of Excellence, Filmed by Fitne, Inc. for Theorist Video Series, "Portraits of Excellence" for work as a theorist in nursing and for contributing to the development of the science and theory of health promotion.